

Mental Health Resources

If you are in crisis or experiencing an emergency, call 911.

[Edmonton Community Clinics and Crisis Services Two-pager](#)

[Supporting Children and Youth at Risk for Suicide](#)

Not sure where to call? Dial 211 (in Alberta) to speak to an Information & Referral Specialist who can help connect you to the right community and social services.

[Phone, Chat, and Online Resources](#)

[In-Person or Virtual Counselling and Mental Health Resources](#)

[Food and Shelter Resources](#)

Phone, Chat, and Online Resources

Mental Health Helpline (24/7) : 1-877-303-2642

Support Network Distress Line/Suicide Distress Line (24/7): 780-482-4357

Access Open Minds Distress Line (24/7): 780-424-2424

Canada Suicide Prevention Service: Call: 1-833-456-4566 (24/7) || Text: 45645 (4pm-midnight)

Children's Mental Health Mobile Response Team (MRT)

- Offers immediate crisis support through their Crisis Line to children and adolescents (up to their 18th birthday) and their care providers. If required, crisis staff can attend the home.
- MRT therapists will determine, together with the caregivers, if additional services are required at the time of the crisis call.
- To contact them call: (780)-427-4491. Available daily.

Kids Help Phone: call: 1-800-668-6868 text: 686868

- Live chat in Alberta on Wednesday to Sunday from 4:00 pm until midnight.
- <https://org.kidshelpphone.ca/> or phone application “Always There”
- Link to other resources in Edmonton:
https://apps.kidshelpphone.ca/resourcesaroundme/search.html?q=&category=&location=edmonton_alberta

Brite Line

- Edmonton-based telephone line for the 2SLGBTQIA+ community
- Line is operated by trained staff and volunteers from the Canadian Mental Health Association – Edmonton Region (CMHA Edmonton)
- <https://edmonton.cmha.ca/news/new-support-line-for-2slgbtqia-launches-in-edmonton/>
- 1-844-702-7483

Hope for Wellness

- Mental health counselling and crisis intervention for Indigenous Peoples across Canada.
- Call: 1-855-242-3310 (24/7)
- Online chat: <https://www.hopeforwellness.ca/> (24/7)

Black Youth Helpline

- Multicultural helpline and services, including support for youth, families, parents, and referrals.
- More information: <https://blackyouth.ca/>
- Online contact form: <http://blackyouth.ca/contact-us/>
- Call: 416-285-9944 or 1-833-294-8650
- Email: info@blackyouth.ca

Togetherall

- A free, anonymous online community staffed by mental health professionals where people ages 16+ can talk and support each other. Available 24/7/365.
- <https://togetherall.com/en-ca/>

Youthspace

- Texting 778-783-0177 puts one in touch with a crisis worker who will text back and provide support for youth feeling down or suicidal.
- Free service for anyone in Canada. Only available from 7 pm to 1 am.

Calgary Connecteen

- Text and online chat support for all Alberta youth.
- Online chat: www.calgaryconnecteen.com (weekdays from 3pm - 10pm; weekends from 12 pm - 10 pm)

- Call: (403) 264-8336 (24/7)
- Text: (587) 333-2724 (weekdays from 3pm - 10pm; weekends from 12 pm - 10 pm)

Coordinated Youth Response

- A group of youth-serving agencies that can provide help with food, shelter, or clothing; or services pertaining to pregnancy, addiction, mental health, safe spaces, or youth programming.
- Call any of the numbers below to be connected to resources:
 - C5 Hub - 587.336.9810
 - Bent Arrow Traditional Healing Society - 780.481.3451
 - Boyle Street Community Services - 587.337.8922
 - YESS - 780.399.7877
- See more information here:
<https://docs.google.com/document/d/1W4DpDBXBC-8ZaK-otmiFq7GMNWX3LYFmCcWA2MZLjrs/edit?usp=sharing>

In-Person or Virtual Counselling and Mental Health Resources

Access Open Minds Clinic (AHS Young Adult Services)

Provides drop-in counseling & service navigation for young adults between 16-25 years old.

- Services include addictions counselors, psychiatry referrals and recreational programs for young adults
- Located on the 6th Floor of the 108th Street Building (with Good Earth located on the main floor); 9942 108 Street NW, T5K 2J5
- Walk in hours: Tuesdays and Friday from 12 PM to 5 PM.
- Virtual appointments: Call (780) 887-9781
- For more information see: <http://accessopenminds.ca/our-site/edmonton-ab/>

Single Session Walk-In Service at Northgate Clinic and Rutherford Health Centre (AHS)

- This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions.
- Available to children and youth ages 6-17.
- Monday to Friday 12:30 – 4:00 PM. Last client is seen at 3:00 pm.
- Northgate is located at 9499 137 Avenue, Edmonton Phone: 780.342.2710
- Rutherford is located at #202, 11153 Ellerslie Road, Edmonton Phone: 780.342.6850
- Help and support are also available through your local health services.

The Family Centre

- Offers low-cost sliding scale counselling
- Anyone aged 18 or over can access counselling. Children and youth under 18 can talk to a therapist with their parents' consent. Parents must talk with the therapist first.
- Call 780-900-6274 or visit <https://www.familycentre.org/counselling>

Momentum Walk-In Counselling

- Offers low-cost, sliding scale counselling services on a walk-in basis.
- Call 780-757-0900 or visit their website at <https://www.momentumcounselling.org/> to book an appointment.

Drop-In Single Session Counselling

- Multiple locations across Edmonton. Times and locations vary. No age limitation
- For more information see: <http://www.dropinyeg.ca/locations/>
- or call 780 496 4777

Africa Centre

- Free counselling available online and in-person (when safe) for youth, families, and couples in the African descent community in Edmonton.
- Call: 1-833-381-1242, Monday - Friday, 9 am - 5 pm
- Online information and booking: <https://oab.owlpractice.ca/africacentre>
- Email: counselling@africacentre.ca

Old Strathcona Youth Society

- Provides free, drop-in counselling, housing referrals, a collective kitchen, basic needs items, harm reduction, health services, and art and recreation activities for youth ages 14-24
- Open Tuesday-Thursday, 1 pm - 9 pm || Friday and Saturday, 2 pm - 6 pm
- Call: 780-496-5947
- Address: 10325 83 Avenue NW
- Web: <https://www.osys.ca/>

CHEW Project

- Provides free counselling, crisis intervention, harm reduction, social services (basic needs, housing referrals, bus tickets) and cultural connections (Indigenous, newcomer or refugee communities) for LGBTQ2S+ youth
- Call or text: 780-263-2221
- Email: chewproject@ualberta.ca
- Web: <https://chewprojectveg.org/>
- Downtown and U of A Locations; many services are currently being provided online.

Food and Shelter Resources

Food and Housing Resource [Document](#)

- Click above for a comprehensive list of low-cost or free food resources and links to housing organizations

Free Food Directory – Healthy Eating Starts Here! (food banks)

- <https://www.albertahealthservices.ca/nutrition/Page16163.aspx>
- Free Food in Alberta directories list information about where to find free food including food banks, food hampers, and free meals. The information describes programs and provides contact information.

E4C Women's Emergency Shelter

- The Women's Emergency Accommodation Centre is a secure, supervised facility that provides free semi-private rooms, meals and clothing to women-in-need 24 hours a day, 365 days a year.
- PHONE: 780-424-7543
- EMAIL: info@e4calberta.org
- WEBSITE: www.e4calberta.org

Edmonton Women's Shelter (WIN House)

- Edmonton Women's Shelter operates two 24-hour residential shelters for women with or without children who are fleeing domestic violence. They provide crisis intervention, child support, outreach services, a donation distribution system, public education and volunteer program – all free of charge.
- PHONE: 780-471-6709
- PHONE: 780-479-0058 (24/7 Crisis Line)
- WEBSITE: www.winhouse.org